

# Healthy minds and bodies!!



## Dance

A weekly activity in the big hall dedicated to dance.

- The children come together to listen to and enjoy music
- They learn to move in time to the beat
- They tap to the beat
- They learn actions to follow and also do freestyle
- They develop large motor skills with ribbon work!
- They develop core and limb muscles
- They are physically active
- They are working as a group
- They listen, look and do
- They develop vestibular balance, spatial awareness and proprioception

## PE

A weekly activity in the big hall dedicated to movement and physical activity.

- The children come together and follow instructions
- They work independently and as a group
- Muscles are strengthened and our hearts get pumping
- When school is looming we practice changing for PE
- We do obstacle courses, ball skills, balancing and stretching
- We move in different ways
- We develop vestibular balance, spatial awareness and proprioception
- We look, listen and do
- We concentrate, have a go and try really hard
- The more we do it - the better we get

Movement is the key to mental wellbeing! We promote a fit and healthy childhood.